



Peas and Carrots

Winter Edition M12-PY09



Famous New Years Babies

- ♦ Revolutionary War hero, Paul Revere, born on January 1, 1735
- ♦ American Flag seamstress, Betsy Ross, born on January 1, 1752
- ♦ Famous FBI Director, J. Edgar Hoover, born on January 1, 1895



“I think in terms of the day’s resolutions, not the year’s.” - Henry Moore

Oatmeal, Chocolate Chip, and Pecan Cookies

INGREDIENTS

1. 1 1/4 c. all-purpose flour
2. 1 c. regular oats
3. 3/4 tsp. baking powder
4. 1/2 tsp. baking soda
5. 1/2 tsp. salt
6. 3/4 c. granulated sugar
7. 1/2 c. packed brown sugar
8. 1/3 c. butter, softened
9. 1 1/2 tsp. vanilla extract
10. 1 large egg
11. 1/4 c. chopped pecans, toasted
12. 1/4 c. semisweet chocolate mini-chips



Instructions

1. Preheat oven at 350°.
2. Lightly spoon flour into dry measuring cups, level with a knife.
3. Combine flour with ingredients # 2-5, stirring with a whisk and set aside.
4. Place the sugars and butter into a bowl and beat with a mixer at medium speed until blended.
5. Add vanilla and egg; beat until blended.
6. Gradually add flour mixture, beating at a low speed just until combined.
7. Stir in pecans and mini-chips.
8. Drop dough by tablespoons 2 inches apart onto baking sheets lined with parchment paper.
9. Bake at 350° for 12 minutes or until edges of cookies are lightly browned.
10. Cool on pans for 2 minutes. Remove cookies from pans: cool on wire racks.

Source Cite: http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=549931=Recipe_id=1687693

“Peas & Carrots” is created and developed by the
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*“People
helping people
help
themselves”*

Helpful Holiday Tips to Beat Stress

1. If you have no plans during the holidays invite a friend over for a meal, go to the movies, or begin a new book during this time. Another great idea is to call a friend that you haven't talked with lately.
2. Review traditions; take a break from those that aren't fun anymore and invent new ones.
3. Don't volunteer to cook three separate dishes, remember that part of enjoying the holiday season is also being able to relax during it.
4. Don't compare the events of the day with past memories.
5. Because of overeating and increased alcohol consumption, the holidays can put stress on weak hearts. As you look at delicious holiday platters and buffet lines remember to eat and drink in moderation.

Source Cite: <http://www.meredy.com/nursetips/holidayhealthtips.html>



December Delights

R S R N Y F P Q F S W W L S J
L E F O O D V G T O T V E D D
C G S X Y P H O N L O I V D O
Y J G O Y X C S K G K U A G B
Q T B R L K Z P E O P T R S I
Q R M I I U P O O W A V T I F
T E E N Q H T C V K Y S O O U
K R G T V F D I N G Q P H Z E
E S A X N N E A O G F E R R Z
D X K C A I G C B N K C R H Q
R E X K M G W E Z I S I R I M
C Q L S T N E S E R P A W X H
G I W X M I Z R A I H L B E D
M K G F I X N D Q B J S H O L
N E W Y E A R S E V E U J M L

Words to Find

FOOD
MILK AND COOKIES
NEW YEARS EVE
PRESENTS
RESOLUTIONS
SNOW
STOCKINGS
TRAVEL
TV SPECIALS
WINTER

Source Cite: <http://puzzlemaker.discoveryeducation.com/code/BuildWordSearch.asp>

